

living well



eating smart®

Giving you the tools to live the life you deserve.™

ISSUE 034 • 3/31/11 – 5/25/11

## carrie's corner

It's spring-cleaning time!

## going green, organic and natural

Pick 5 for the  
environment

Tea-Infused  
Cupcake Recipe  
Page 5

With Big Y's Wellness Team — Registered Dietitians  
Carrie Taylor, RD, LDN and Andrea Samson, RD, LDN





# Spring 2011 Contents

**3** Carrie's Corner

**4** Pantry Face-Lift

**5** Cover Recipe

Chamomile Citrus Tea-Infused Cupcakes  
with Blood Orange Neufchâtel Frosting

**6** Going Green, Organic and Natural

**8** Healthy Mom, Happy Mom

**10** Kick Off to Summer Fun

**11** Crowd-Pleasing Hot Weather Recipes

Raspberry Cilantro Salsa and Fresh Mozzarella  
Orzo Salad

**12** Little Y's Corner

Welcome Spring by Eating the Colors of the Rainbow!

# Carrie's Corner

Big Y's Registered Dietitian, Carrie Taylor, RD, LDN

**After a long, hard winter, the spring season is finally upon us. With the bloom of flowers comes a new beginning. Spruce up your home in preparation for the warm season ahead.**

When stocking your kitchen for warmer months, include different foods than you normally keep on hand during winter. Remember, nothing works better as a roadblock than lingering bad habits. For example, if you want to reduce your intake of added sugars, the "emergency" stash of gummy bears, Sour Patch® Kids and licorice in your cabinet is more of a hindrance than a help.

Go through your kitchen cabinets and see where you can *trade up* to more nutritious options. Let the *Pantry Face-Lift* article on page 4 get you started.

❖ **Usually cook with white rice or white pasta?**

Finish what you have on hand then *trade up* to brown rice and whole-wheat or whole-grain pasta.

❖ **Don't eat your produce fast enough before it turns?** Get your daily vegetables with canned and frozen options free of added salt and sauces like No Salt Added canned diced tomatoes and frozen broccoli. Load your kitchen with dried and unsweetened frozen fruits such as raisins and frozen mango. Shop by NuVal™ Scores for the most nutritious selections.

❖ **Want to experiment with new seasonings?**

If the last time you purchased a spice out of your normal repertoire, Paula was still on *American Idol*, it's time to toss out the old and purchase new. This way you can truly enjoy the full flavors of your recipes.

When doing your spring-cleaning, be sensible. There is no reason to throw away the entire contents of your cupboards. Not only will this cause sticker shock at the store, it's unnecessary and could even shock your palate!

Let your cleaning help others. If you have an unopened product you know you can do without, donate it to your local food bank.

The most lasting spring-cleaning is one that feels like less work and more like a new beginning.

Do a quick inventory of where updates can be made and *trade up* to higher NuVal™ Scoring items here and there.

Hesitate having an "all or nothing" mentality. Make small changes as you go so your spring-cleaning sticks for seasons to come.



## Who can I speak to about my nutrition questions?

The Living Well Eating Smart Wellness Team of dietitians!  
Contact Carrie Taylor, RD, LDN and Andrea Samson, RD, LDN by:



**Writing**

Ask Living Well  
2145 Roosevelt Ave.  
PO Box 7840  
Springfield, MA 01102



**E-mailing**

[livingwell@bigy.com](mailto:livingwell@bigy.com)



**Becoming a fan  
on Facebook**

[LivingWellEatingSmart](#)

# Pantry Face-Lift

Extend spring-cleaning to the heart of your home — the kitchen!

## Savvy Swaps

Cut calories and added sugars.



**OLD**



**NEW**

Trade sugar for a carbohydrate- and calorie-free sweetener you can feel good about. The natural sweetness of the stevia leaf is extracted with purified water to create **SweetLeaf Stevia® 100% Natural Sweetener** ([sweetleaf.com](http://sweetleaf.com)).

Substitute liquid fats for solid fats.



**OLD**



**NEW**

Be sure your pantry is stocked with a variety of **Filippo Berio® Olive Oils** ([filippoberio.com](http://filippoberio.com)) for every cooking need. Extra Virgin for marinades, Traditional for sautéing and Extra Light for baking.

Increase fiber, vitamins and minerals.



**OLD**



**NEW**

Get more from your bread with **Full Circle® All Natural Whole Grain Bread** ([fullcirclefoods.com](http://fullcirclefoods.com)).

The whole family will love light and fluffy options like Multi Grain and 100% Whole Wheat with 5-6 grams fiber per slice.

## Out with the old, in with the new

Is it time to replace these pantry staples?

**TEA SHELF LIFE:** Varies by tea and packaging, though typically best if used within 1 to 2 years.



Update the tea in your home and experience the difference of gourmet **Mighty Leaf® Tea** ([mightyleaf.com](http://mightyleaf.com)). Mighty Leaf's® silken Tea Pouch™ holds a combination of herbs, fruits, whole tea leaves and spices so you get more flavor in your cup.

**FLOUR SHELF LIFE:** All-purpose flour, 2 years. Whole wheat flour, 1 year.

Time to restock your flour? Choose **Heckers® 100% Whole Wheat** and **Unbleached Forever! All-Purpose Flours** ([heckersceresota.com](http://heckersceresota.com)).

Heckers® produces its flours using hard red winter wheat for exceptional quality and taste. New to whole wheat flour? Mix half Heckers® 100% Whole Wheat and half Unbleached Forever! All-Purpose Flour for cooking and baking.



## Pantry Must Have: Canned Beans

Add lean protein to your cupboard with **Bush's Best® Variety Beans** ([bushbeans.com](http://bushbeans.com)). When pinched for time, use Bush's Best® Variety Beans to create meals in minutes for protein and fiber without fat!



Affordable, convenient and nutritionally packed, canned beans make the top of our pantry must-have list.

# CHAMOMILE CITRUS TEA-INFUSED CUPCAKES

WITH BLOOD ORANGE NEUFCHÂTEL FROSTING

Serving: 1 Cupcake      Serves: 12



## INGREDIENTS:

3	Mighty Leaf® Chamomile Citrus silken Tea Pouches™
5 ounces	boiling water
1 cup	Heckers® Unbleached Forever! All-Purpose Flour
1 cup	Heckers® 100% Whole Wheat Flour
1 teaspoon	Big Y® baking soda
½ teaspoon	Big Y® salt
12 packets	SweetLeaf Stevia® 100% Natural Sweetener
½ cup	Big Y® granulated sugar
3	Big Y® large eggs
3 ounces	Filippo Berio® Extra Light Olive Oil
½ cup	Big Y® 1% lowfat milk
1 teaspoon	Big Y® vanilla
1 tablespoon	blood orange zest
12	standard-size muffin cup liners
-	Blood Orange Neufchâtel Frosting (recipe below)

## BLOOD ORANGE NEUFCHÂTEL FROSTING

1 (8-ounce)	block Big Y® Neufchâtel cream cheese, softened to room temperature
1 tablespoon	blood orange zest (about ½ a blood orange)
-	Juice from ½ blood orange
2 packets	SweetLeaf Stevia® 100% Natural Sweetener
2 tablespoons	Big Y® honey

## DIRECTIONS:

1. Heat oven to 325°F.
2. Line 12 standard-size muffin cups.
3. Steep tea bags in boiling water for approximately 5 minutes.
4. In a large bowl, whisk together flours, baking soda, salt, stevia and sugar.
5. Remove tea bags from water, making sure to squeeze all water from tea bags.
6. Add eggs, olive oil, milk, vanilla, orange zest and prepared tea to bowl.
7. Mix until all ingredients are thoroughly combined.
8. Spoon batter into prepared muffin pan, filling the cups three-quarters full.
9. Bake cupcakes for 20-25 minutes or until golden brown and an inserted toothpick comes out clean.
10. Meanwhile, beat together *Blood Orange Neufchâtel Frosting* ingredients in a medium-size bowl with an electric beater until light and smooth. Chill in the refrigerator until cupcakes are ready to be frosted.
11. Once cupcakes are out of the oven, allow to cool completely before frosting.
12. Store frosted cupcakes in refrigerator.

## NUTRITION FACTS PER SERVING:

Calories 290, Total Fat 13 g, Saturated Fat 4 g, Cholesterol 61 mg, Sodium 288 mg, Carbohydrates 19 g, Fiber 1 g, Protein 6 g

Recipe developed by Dietetic Intern, Bethany Shippee

# Going Green, Organic and Natural

To "go green" you don't have to install solar panels or get rid of your car (though those are incredible gestures for the environment!). Going green simply refers to actions you can take to reduce harmful impacts on the environment created through your personal lifestyle, behaviors and habits.

Simply put, small actions make big impacts. Spending three minutes less in the shower each morning or using reusable coffee mugs in place of disposable cups are great places to start.

Organic foods are farmed with Mother Nature in mind. Farmers produce crops with a focus on renewable and recycled resources. This means when purchasing organics, you're supporting green efforts like soil and water conservation. Farmers also grow crops without the use of synthetic and petroleum-based pesticides.

Less clearly defined, natural foods most often refer to those that are "closer to nature." For example, natural foods are typically minimally processed and free of numerous additives like artificial colors and sweeteners.

One caveat to the terms organic and natural? These terms do not mean a food contains more nutrients, so be sure to check NuVal™ Scores for the most nutritious choice.



**Each day we're faced with hundreds of choices, many affecting the health and future of our loved ones and planet. Do your part by going green, organic and natural — whether you're making the difference for yourself, your kids, grandchildren or pets.**

## Pick Five

**Go green, organic and natural with the Environmental Protection Agency's Pick 5 for the Environment. Simply visit their website ([www.epa.gov/pick5](http://www.epa.gov/pick5)) and choose 5 actions to do your part or get started now by selecting from our top category picks.**

- 1** Use human-powered modes of transportation to get from place to place. Walk, jog or ride your bike.
- 2** Help keep water clean by using biodegradable and environmentally friendly cleaning products.
- 3** Reduce or eliminate the use of pesticides where possible by shopping for organics when available.
- 4** When purchasing goods, opt for sustainable, recycled or reused resources. Choose items in less packaging.
- 5** Reuse. Upcycle! Take something that is disposable and transform it into something of greater use and value.



**Whether you're making an effort to purchase organic and natural foods or tidying up with green cleaners, each step reduces your carbon footprint, leaving a brighter future for generations to come.**



### Seventh Generation® Laundry Detergents and Disinfectants

([seventhgeneration.com](http://seventhgeneration.com)) use plant-derived ingredients for safe and effective cleaning. Seventh Generation® Detergents like Blue Eucalyptus & Lavender are tough on stain removal while disinfecting cleaners like *Disinfecting Bathroom Cleaner* kill over 99.99% of household germs.



### Driscoll's® Organic Strawberries

([driscolls.com](http://driscolls.com)) are farmed with strict standards and routinely tested to ensure their berries remain 100% certified organic. This means sweet and juicy Driscoll's® Organic Strawberries are grown without synthetic pesticides, herbicides or fertilizers.



### Nature's Path® Organic Cereals

([naturespath.com](http://naturespath.com)) like Flax Plus® Flakes combine organic ingredients such as organic oat bran and organic flax to deliver fiber and plant-based omega-3 fats. Nature's Path® also uses less paperboard for their cereal boxes to reduce waste.



### Kashi® Granola Bars

([kashi.com](http://kashi.com)) take nutritious, environmentally friendly snacking to the next level. Join a Kashi® "brigade" online and upcycle your granola bar wrappers and boxes into totes, notebooks and more with their TerraCycle™ partnership.



### Newman's Own Organics® Raisins and Dried Cranberries

([newmansownorganics.com](http://newmansownorganics.com)) are 100% organic. All Newman's Own Organics® Dried Fruit ingredients have been grown on farms that haven't used artificial pesticides or fertilizers for three years or more.

### Pacific Natural Foods® Nut and Grain Beverages

([pacificfoods.com](http://pacificfoods.com)) take the natural goodness of hazelnuts, almonds and oats to create creamy dairy-free beverages containing key nutrients like vitamin D. Their recyclable aseptic packaging is made from approximately 70% renewable resources, too.





# Healthy Mom, Happy Mom

With our insider tips, you'll make  
being an all-star mom look easy.

## Cleaning Queen

There's nothing glamorous about housecleaning. You pull up your hair, put on your bright yellow up-to-your elbow gloves, grab your cleaning caddy and off you go. Who says you have to be subject to the harsh fumes of traditional cleaning supplies? If you haven't already, it's time to swap them for natural cleaners like **Clorox® Green Works®** ([greenworkscleaners.com](http://greenworkscleaners.com)). With their airy fresh scent, tough cleaning power and natural ingredients, Green Works® Cleaners are a mom-approved buy. Safe to use around children and pets, our top pick is their All-Purpose Cleaner, perfect for any room in the house.



## Snack Attack on Track

Pick up the kids. Do the laundry. Let the dog out. How do busy moms get it all done? With energizing snacks that provide carbohydrates, protein and a bit of fat like **Cabot® Reduced Fat Cheddar Cheese** ([cabotcheese.com](http://cabotcheese.com)). With a portion of the fat found in traditional cheddar but all the cheesy goodness, we love Cabot® 75% Reduced Fat Sharp Cheddar because each 1-ounce serving provides 20% the Daily Value for calcium and 9 grams protein with less than 3 grams fat! Pair with an apple or whole-grain crackers and you'll be on top of your game all day long.



## Crunchy Cravings Controlled

When in the mood for crispy, crunchy, salty, what do you reach for? An important part of healthful eating is feeding your cravings while being mindful of what you're choosing. Instead of denying certain foods, allow yourself and your family moderate amounts of healthier alternatives. **Popchips™** ([popchips.com](http://popchips.com)) is our choice for satisfying crunchy cravings because each variety is made with all natural ingredients, contains no saturated or trans fats and has less than 300 milligrams sodium per serving. How do they do it? The secret behind these delicious chips is how they're made. Not fried or baked, they simply add a little heat, pressure and pop. A magical chip is born!



## Beverage Bonus

As a parent it's easy to focus on your family's needs and ignore your own. But overlooking simple needs like hydration could easily bring you down and zap energy levels. To ensure you stay hydrated, keep bottled water handy, taking sips throughout the day. Looking for a flavorful way to stay hydrated without excess calories, artificial sweeteners or sugar? **HINT® Premium Essence Water** ([drinkhint.com](http://drinkhint.com)) is the answer to your beverage needs. HINT® lightly infuses water with natural fruit flavors in refreshing combinations like Pomegranate-Tangerine and Mango-Grapefruit. Calorie- and sugar-free. What's not to love?



## Meet These Sweet Treats

Part of being a healthy, happy mom is raising a healthy, happy family. The best way to do this is by setting good examples and eating the foods you want your family to eat. With **Weight Watchers® Sweet Baked Goods**

([weightwatchers.com](http://weightwatchers.com)) you can show your family how to indulge in moderation. When compared to typical muffins found in bakeries, Weight Watchers® sensibly portioned Blueberry Muffins save approximately 400 calories, 5 grams saturated fat and 4 teaspoons sugar per muffin. Plus, you gain an additional 3 grams fiber. For 90 calories and 10 grams sugar or less, offer your family Weight Watchers® Carrot Cake and Oatmeal Raisin Soft Cookies.



# Kick Off to Summer Fun!

After a harsh New England winter, it's finally time to soak up the sun. Light up the grill and kick off the start of your summer fun with these quintessential hot weather must haves.



## Driscoll's® Raspberries (driscolls.com)

From sweet to savory, Driscoll's® Raspberries add a depth of flavor and nutrition to summertime recipes. Serve Driscoll's® Raspberries as a refreshing snack or incorporate them with our featured *Raspberry Cilantro Salsa* recipe. Each ½-cup serving is a good source of potassium.



## Sorrento® Fresh Mozzarella (sorrentocheese.com)

Experience the gourmet taste of Sorrento® Fresh Mozzarella. This mild, delicate cheese provides 10% the Daily Value for calcium per 1-ounce serving. Sorrento® Fresh Mozzarella

blends well with a variety of flavor combinations but truly shines when classically paired with fresh tomatoes and basil.



## TopLine Roma Grape Tomatoes (westmorelandsales.com)

For fresh-from-the-garden taste, bite into plump and juicy TopLine Roma Grape Tomatoes. Perfect in picnic salads like the *Fresh Mozzarella Orzo Salad* recipe to the right, TopLine Roma Grape Tomatoes pack vibrant color plus antioxidants lycopene and vitamin C.



## The Switch™ (switchbev.com)

Healthify hot weather hydration with The Switch™, a carbonated

100% juice beverage. With no added sugars or artificial colors, The Switch™ also provides 100% the Daily Value for vitamin C. Their slim-can packaging makes them ultraconvenient for on-the-go road trips and outings, too.



## Mighty Leaf® Fresh Brewed Iced Tea (mightyleaf.com)

Instead of iced tea made from a powdery mix, treat your loved ones to whole leaf Mighty Leaf® Fresh Brewed Iced Tea. Each pouch, like fruity Calypso Mango, provides natural antioxidants and brews a half-gallon of iced tea in minutes.



**Invited to a summer picnic or backyard barbecue? These fruit and veggie inspired dishes come together in minutes and are sure to please even the toughest critics.**

## RASPBERRY CILANTRO SALSA

Serving: 1/4-cup    Serves: 12

### INGREDIENTS:

3 (6-ounce)	packages Driscoll's® Raspberries
1/2 cup	red onion, finely diced
1/4 cup	cilantro, finely diced
2 tablespoons	jalapeño pepper, minced
1 1/2 tablespoons	Big Y® lime juice
1 teaspoon	garlic, mashed to a paste
1/2 tablespoon	kosher salt
1 teaspoon	cumin, ground and toasted*
2 teaspoons	Big Y® granulated sugar
1/2 teaspoon	Big Y® black pepper

\*To toast cumin, heat quickly in a heavy skillet for 30 seconds (toasting is optional).

### DIRECTIONS:

1. Combine all ingredients in a large bowl.
2. Mash gently with a whisk or potato masher to release berry juices, leaving large pieces of raspberry in the bowl.
3. Chill 1 hour to blend flavors, adjusting salt, sugar and pepper to taste.
4. Serve with tortilla or pita chips.

### NUTRITION FACTS PER SERVING:

Calories 30, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 245 mg, Carbohydrates 6 g, Fiber 3 g, Protein 0 g

Recipe from Driscoll's. Visit [www.driscolls.com](http://www.driscolls.com) for more colorful berry-packed recipes.

## FRESH MOZZARELLA ORZO SALAD

Serves: 4

### INGREDIENTS:

1 cup	orzo, uncooked
1 cup	Sorrento® Fresh Mozzarella, cubed
4	TopLine Roma Grape Tomatoes, halved and seeded
1/4 cup	fresh basil, chopped
1 teaspoon	crushed red pepper flakes
–	Big Y® salt, to taste
1/2 tablespoon	Filippo Berio® Olive Oil
1 tablespoon	World Classics Trading Company™ balsamic vinegar

### DIRECTIONS:

1. Cook orzo according to package directions. Drain and set aside.
2. In a large bowl, mix fresh mozzarella, tomatoes, basil, crushed red pepper flakes and salt with olive oil and vinegar.
3. Gently mix in orzo and toss lightly to coat.

### NUTRITION FACTS PER SERVING:

Calories 420, Total Fat 15 g, Saturated Fat 8 g, Cholesterol 60 mg, Sodium 265 mg, Carbohydrates 45 g, Fiber 3 g, Protein 18 g

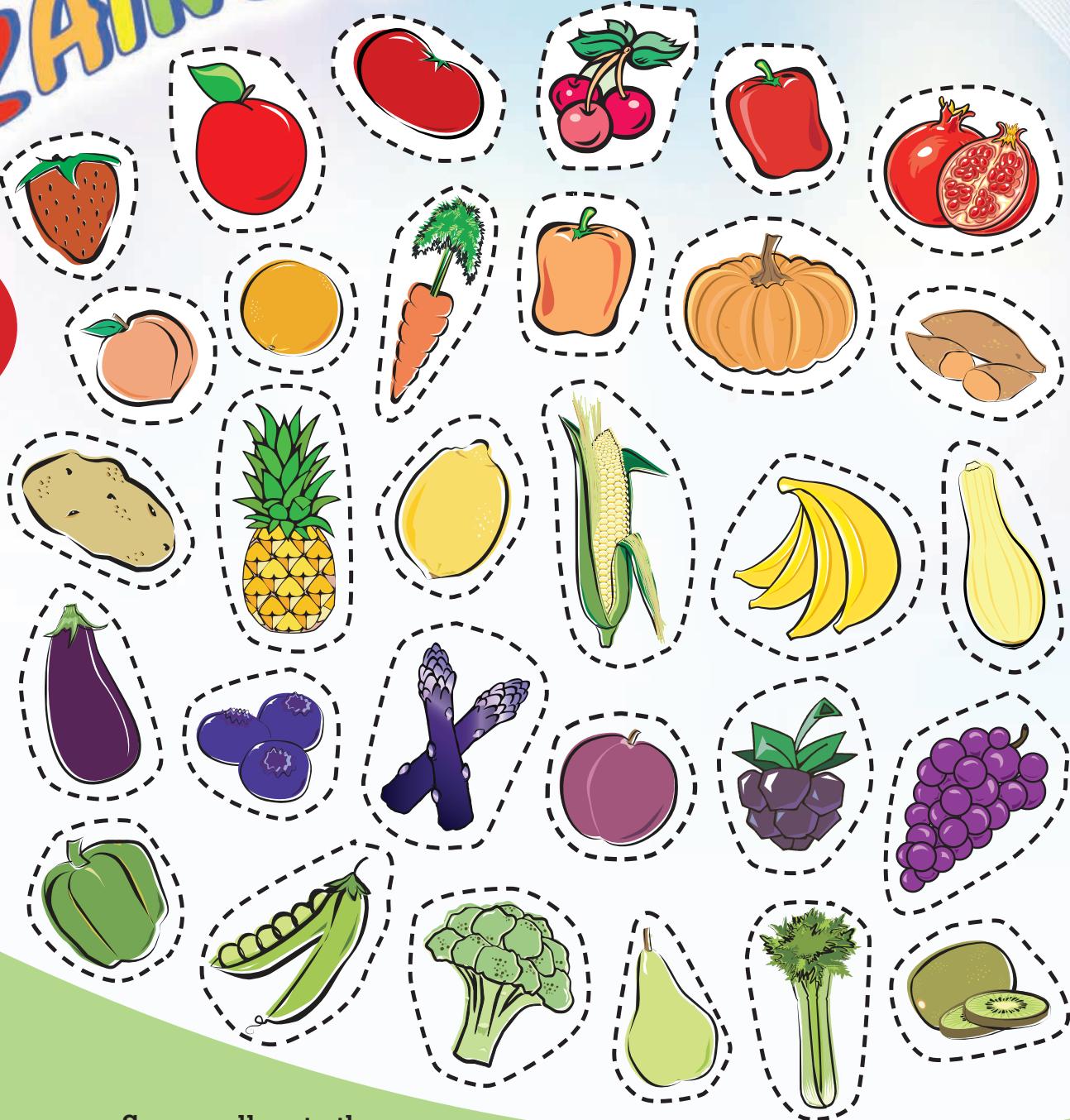
Based on recipe from All Recipes. Visit <http://allrecipes.com> for more flavorful recipes.

# WELCOME SPRING BY EATING THE COLORS OF THE RAINBOW!



**MATERIALS:**  
Scissors  
Paper Plate  
Glue Stick

Create a rainbow on your plate by cutting out these fruits and vegetables and pasting them on a paper plate.



Say goodbye to the cold, white winter and hello to colorful spring! Play outside for 60 minutes every day and eat plenty of fruits and vegetables. They provide important vitamins, minerals and fiber that you need to keep your body happy and healthy.

